

HEALTHY SCHOOL ENVIRONMENT RESOURCES

Health and Achievement

This list contains online resources on the connection between health and achievement. Many Web sites contain information on multiple content areas. For more content areas related to healthy school environments, see the Connecticut State Department of Education's (CSDE) other resource lists on the [Resources for School Nutrition Programs](#) Web page. The CSDE updates these lists regularly.



For more information, visit the CSDE's [Nutrition Education](#) Web page or contact Susan S. Fiore, M.S., R.D., Nutrition Education Coordinator, Connecticut State Department of Education, Bureau of Health/Nutrition, Family Services and Adult Education, 25 Industrial Park Road, Middletown, CT 06457, 860-807-2075, susan.fiore@ct.gov.

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- Achievement Gaps*. National Education Association. <http://www.nea.org/home/AchievementGaps.html>
- Active Education: Growing Evidence on Physical Activity and Academic Performance*. Robert Wood Johnson Foundation, Research Brief, January 2015. This research brief reviews evidence that examines how physical activity and fitness may help school-aged children maximize their academic performance, and provides an overview of the effects of physical activity on the developing brain. <http://activelivingresearch.org/ActiveEducationBrief>
- Addressing the Needs of the Whole Child: What Public Health Can Do to Answer the Education Sector's Call for a Stronger Partnership*. Preventing Chronic Disease: Public Health Research, Practice and Policy, volume 8(20)A44. Centers for Disease Control and Prevention, March 2011. http://www.cdc.gov/pcd/issues/2011/mar/pdf/10_0014.pdf
- Breakfast for Learning*. Food Research & Action Center, Fall 2011. Recent scientific research on the link between children's nutrition and academic performance. <http://frac.org/wp-content/uploads/2009/09/breakfastforlearning.pdf>
- Breakfast – Key to Academic Excellence (B-1 Home)*. Connecticut State Department of Education and New England Dairy and Food Council, 2009. http://www.sde.ct.gov/sde/LIB/sde/pdf/deps/Nutrition/SBP/Breakfast1_Home.pdf
- Breakfast – Key to Academic Excellence (B-2 School)*. Connecticut State Department of Education and New England Dairy and Food Council, 2009. http://www.sde.ct.gov/sde/LIB/sde/pdf/deps/Nutrition/SBP/Breakfast2_SBP.pdf
- Burn to Learn*. Centers for Disease Control and Prevention, 2013. <http://makinghealtheasier.org/burntolearn>
- Education Matters for Health*. Robert Wood Johnson Foundation, Issue Brief 6, September 2009. <http://www.rwjf.org/pr/product.jsp?id=48252>
- Exercise Improves Executive Function and Achievement and Alters Brain Activation in Overweight Children: A Randomized Controlled Trial*. Davis, C., Tomporowski, P.D., McDowell, J.E., Austin, B.P., & Miller, P.H. *Health Psychology*, 30(1),91-98, 2011. <http://www.ncbi.nlm.nih.gov/pubmed/21299297>
- Facts About Healthy Students = Successful Learners*. Nemours Health and Preventative Services, 2009. <http://www.nemours.org/content/dam/nemours/www/filebox/service/preventive/nhps/school/healthacadem.pdf>
- Good Food + Exercise = Good Grades*. Texas Department of Agriculture, 2006. <http://www.squaremeals.org/Portals/8/files/publications/School%20Meal%20Facts2.pdf>
- Health and Academic Achievement*. Centers for Disease Control and Prevention, 2014. http://www.cdc.gov/healthyyouth/health_and_academics/pdf/health-academic-achievement.pdf
- Health and Academics*. Centers for Disease Control and Prevention. Web page with data and resources on the link between health and academic success. http://www.cdc.gov/HealthyYouth/health_and_academics/
- Health Education in Schools: The Importance of Establishing Healthy Behaviors in our Nation's Youth, A Statement from the American Cancer Society, the American Diabetes Association and the American Heart Association on Health Education*. May 2008. http://www.heart.org/idc/groups/heart-public/@wcm/@adv/documents/downloadable/ucm_308679.pdf
- Healthier Students Are Better Learners. A Missing Link in Efforts to Close the Achievement Gap*. Charles E. Basch, Campaign for Educational Equity, Teachers College, Columbia University, March 2010. Addresses how health disparities affect student achievement and makes recommendations for how school health programs and policies can address these disparities comprehensively and in ways that are both coordinated and strategic. Specifically, this report presents findings on seven educationally relevant health disparities that exert a powerful, but generally overlooked, influence on the achievement gap in schools serving urban minority youth. vision, asthma, teen pregnancy, aggression and violence, physical activity, breakfast and inattention and hyperactivity. http://www.equitycampaign.org/i/a/document/12557_EquityMattersVol6_Web03082010.pdf
- Healthy School Communities*. ASCD, 2011. A worldwide effort to promote the integration of health and learning and the benefits of school-community collaboration. It is part of a large, multiyear plan to shift public dialogue about education from a narrow curriculum-centric and accountability system focus, to a whole child approach that encompasses all factors required for successful student outcomes. <http://www.ascd.org/programs/hsc/about.aspx>
- Higher Levels of Fitness Associated with Better Academic Performance*. NYC Vital Signs, June 2009, Volume 8, No. 1, New York City Health Department and the New York City Department of Education. Data from NYC that indicates physically fit students tend to outscore their peers who are less-fit on academic tests. <http://www.nyc.gov/html/doh/downloads/pdf/survey/survey-2009fitnessgram.pdf>
- How Are Student Health Risks & Resilience related to the Academic Progress of Schools?* WestEd, 2004. Summarizes the findings from two annual reports examining how gains in test scores are related to health-related barriers to student learning. <http://chks.wested.org/resources/EnsuringNCLB.pdf>

- Hunger: Its Impact on Children's Health and Mental Health.* Weinreb, L. et al. Pediatrics, 110(4): e41, October 2002.
<http://www.pediatrics.org/cgi/reprint/110/4/e41.pdf>
- Improving Attendance, Health and Behavior: Moving Breakfast Out of the Cafeteria.* American Association of School Administrators, School Governance & Leadership, winter 2013, vol. 8 no. 1 2013.
http://www.aasa.org/uploadedFiles/Childrens_Programs/School_Breakfast/School%20Breakfast_Winter2013.pdf
- Improving Children's Academic Performance, Health and Quality of Life: A Top Policy Commitment in Response to Children's Obesity and Health Crises in California.* California Elected Women's Association for Education and Research, 1999.
http://cwh.berkeley.edu/sites/greeneventsguide.org.cwh/files/primary_pdfs/CewaerPaper_Research.pdf
- Learning For Life: Physical Education in Schools.* American Cancer Society, American Diabetes Association and American Heart Association, May 2008. http://www.heart.org/idc/groups/heart-public/@wcm/@adv/documents/downloadable/ucm_304865.pdf
- Making the Connection: Health and Student Achievement* (PowerPoint presentation). Association of State and Territorial Health Officials (ASTHO) and the Society of State Directors of Health, Physical Education and Recreation (SSDHPER), 2002.
<http://www.thesociety.org/programs-CSHP.asp>
- Nutrition, Physical Activity and Academic Achievement.* California Project Lean, 2005.
http://www.californiahealthykids.org/articles/NPA_4.pdf
- Our Journey to Good Health.* Pat Cooper. School Administrator, January 2003.
<http://www.aasa.org/SchoolAdministratorArticle.aspx?id=9318>
- Physical Activity and Unhealthy Dietary Behaviors and Academic Achievement.* Centers for Disease Control and Prevention.
http://www.cdc.gov/healthyyouth/health_and_academics/pdf/physical_inactivity_unhealthy_weight.pdf
- Policy Statement on School Health.* The Council of Chief State School Officers, 2004. Policy statement on the deep connection between school health and academic achievement. Calls on chief state school officers, their agencies and partners to ensure that efforts to improve academic performance address the health and developmental needs of students.
http://www.ccsso.org/Resources/Publications/Policy_Statement_on_School_Health.html
- Role of Nutrition in Learning and Behavior.* U.S. Department of Agriculture. Links to resources on the connection between nutrition, physical activity and achievement. <http://healthymeals.nal.usda.gov/local-wellness-policy-resources/role-nutrition-learning-and-behavior>
- Role of Nutrition in Learning and Behavior: A Resource List for Professionals.* Food and Nutrition Information Center, August 2011.
<http://www.nal.usda.gov/fnic/service/learning.pdf>
- Relationship of Nutrition and Physical Activity Behaviors and Fitness Measures to Academic Performance for Sixth Graders in a Midwest City School District.* Edwards, J.U., Mauch, L., & Winkelman, M.R. Journal of School Health, February 2011, 81(2): 65-73.
<http://www.ncbi.nlm.nih.gov/pubmed/21223273>
- School Breakfast Programs: Energizing the Classroom.* Minnesota Department of Children, Families and Learning, March 1998.
<http://www.californiahealthykids.org/articles/energize.pdf>
- Strategies for Success II Enhancing Academic Performance and Health Through Nutrition Education: A Resource Manual for Educators and Child Nutrition Programs.* California Department of Education, 2001. Describes how all educators can make a positive difference in students' health and academic achievement, including teachers, school food service staff and administrators.
<http://www.cde.ca.gov/ls/nu/he/documents/strategy2.pdf>
- Student Health and Academic Achievement.* Centers for Disease Control and Prevention. This site includes Student Health and Academic Achievement fact sheets and PowerPoint slides that highlight the association between student health-risk behaviors and academic grades based on YRBS data. The one-page fact sheets address five categories of health-risk behaviors and also include an overarching fact sheet containing compelling associations. Comprehensive PowerPoint slides containing graphs of all the significant associations among health-risk behavior variables and academic grades are also available.
http://www.cdc.gov/healthyyouth/health_and_academics/index.htm
- Symposium on Breakfast and Learning, Selected Presentations.* U.S. Department of Agriculture, April 22, 1999.
<http://www.cnpp.usda.gov/Publications/OtherProjects/SymposiumBreakfastAndLearning.pdf>
- Ten Ways to Promote Educational Achievement and Attainment Beyond the Classroom.* Child Trends, Research-to-Results Brief, Publication #2010-16, July 2010. Identifies 10 actionable goals beyond the classroom that affect whether children and youth succeed in school. http://www.childtrends.org/Files//Child_Trends_2010_07_07-Ed_Achievement.pdf

The Association Between School-Based Physical Activity, Including Physical Education and Academic Performance. Centers for Disease Control and Prevention, July 2010. http://www.cdc.gov/healthyouth/health_and_academics/pdf/pa-pe_paper.pdf

The Healthy School Communities Model: Aligning Health & Education in the School Setting. ASCD, 2011. <http://www.ascd.org/ASCD/pdf/siteASCD/publications/Aligning-Health-Education.pdf>

The Learning Connection: The Value of Improving Nutrition and Physical Activity in our Schools. Action for Healthy Kids, 2004. Report documenting how the excessive rise in poor nutrition, inactivity and weight problems is adversely affecting academic achievement and possibly costing schools millions of dollars each year. The report calls on schools to work with partners to take immediate action to address the issue and points to current best practices in schools, school districts and states. <http://www.actionforhealthykids.org/for-schools/resources/research-and-reports/the-learning-connection-the-value-of-improving-nutrition-and-physical-activity-in-our-schools.html>

The Learning Connection: What You Need to Know to Ensure Your Kids are Healthy and Ready to Learn. Action for Healthy Kids, 2013. Demonstrates how physical activity supports academic achievement, kids who eat well, learn better and healthier practices increase schools' bottom lines. Key findings highlighted in the report include that moderate physical activity increases kids' brain activity and that, on average, students who eat school breakfast have been shown to attend 1.5 more days of school per year and score 17.5 percent higher on standardized math tests. The report also provides information on helping to make healthful changes in local schools. http://www.actionforhealthykids.org/storage/documents/pdfs/afhk_thelearningconnection_digitaledition.pdf

The School Environment and Adolescent Well-Being: Beyond Academics. Child Trends Research Brief, Publication 2008-#26, National Adolescent Health Information Center, 2008. http://www.childtrends.org/Files/Child_Trends-2008_11_14_RB_SchoolEnviron.pdf

The Wellness Impact: Enhancing Academic Success through Healthy School Environments. GENYOUth Foundation, 2013. <http://www.nationaldairycouncil.org/ChildNutrition/Documents/Wellness%20Impact%20Report.pdf>